

LIFELONG RECREATION

Virtual Programs and Social Opportunities for People Ages 50+



Seattle
Parks & Recreation

Summer 2021

July 6—August 27

Welcome Back Seattle!

In-Person (Outdoor) Programs Return!

We are pleased to announce that we will be offering several in-person outdoor programs this summer in addition to our virtual offerings. Classes will be offered in parks either on flat grassy areas or outdoor patios. You will need to register in advance for all programs, and we will follow current Covid-compliance guidelines. Look for the orange yard signs in the area where your class will be held. Outdoor restrooms will be available at all chosen sites.

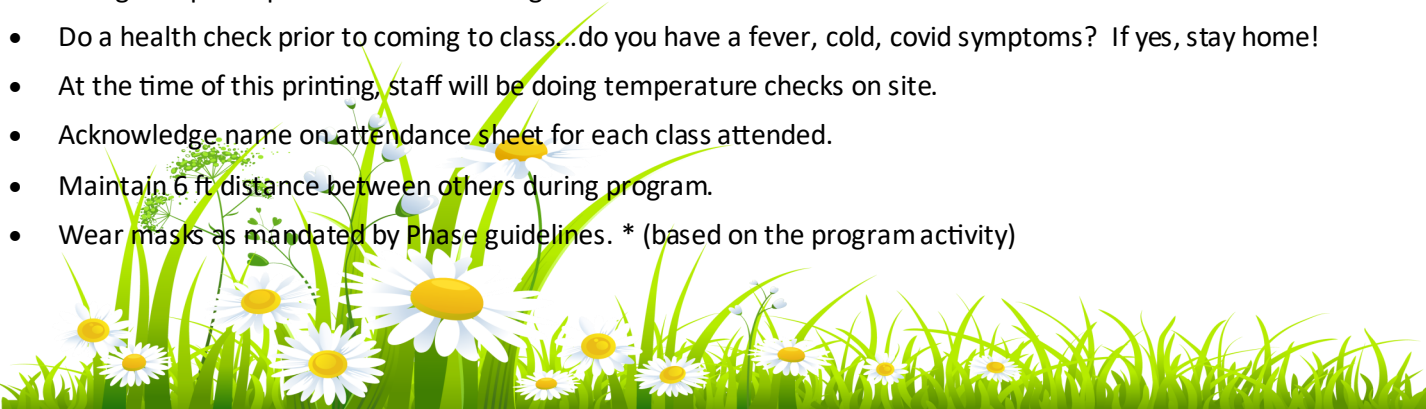
Outdoor Program Locations:

Greenwood Park	8905 Fremont Ave. N., 98103
Sandel Playground	9053 1st Ave. NW., 98117
Magnuson Amphitheater and Grotto	Behind Magnuson Brig, 6344 NE 74th St., 98115
Delridge Patio	At Delridge CC, 4501 Delridge Way S., 98106
Jefferson Park	Near W outdoor restrooms 3801 Beacon Ave S, 98108
Hing Hay Park	Near the pagoda, 423 Maynard Ave. S, 98104

Safety Measures for outdoor programs:

Your safety is our first priority for our return to in-person programming. At the time of printing this information, we are asking our participants to do these things:

- Do a health check prior to coming to class...do you have a fever, cold, covid symptoms? If yes, stay home!
- At the time of this printing, staff will be doing temperature checks on site.
- Acknowledge name on attendance sheet for each class attended.
- Maintain 6 ft distance between others during program.
- Wear masks as mandated by Phase guidelines. * (based on the program activity)



Registration begins June 1st noon for classes that occur in July and August either online or by phone. No in person registration. Classes are either outdoors and in-person or virtual using the Webex platform. In order to participate in virtual programs you must have a computer or tablet.

Connection information will be available after you register. Our staff will help you connect. Please register for one of the practice sessions to get help prior to the first class!

www.seattle.gov/parks

206-684-5177

Outdoor In-Person Summer Programs!

Welcome Back Seattle Brown Bag Picnics

FREE!

Join us at the park for a chance to re-connect with old friends and meet new ones! Bring your own brown bag lunch, we will provide drinks and dessert! We have planned 4 of these over the summer, one in each of our geographic areas and our staff is looking forward to seeing you in person again! Please register in advance as we are keeping numbers low due to pandemic restrictions.

42330	7/13	Tues	11 a.m.-1 p.m.	SE /Seward Park Picnic Shelter
42336	7/23	Fri	11 a.m.-1 p.m.	NW/ Greenwood Park
42337	8/2	Mon	11 a.m.-1 p.m.	NE/ Maple Leaf ResPark Shelter
42331	8/13	Fri	11 a.m.-1 p.m.	SW/ Lincoln Park Shelter #5

Outdoor Tai Chi All Levels

FREE!

Practice a moving meditation using slow, relaxed and repetitive movements imitating the flow of air and water. All levels welcome. Instructor: K Philomin

42333	7/6-8/24	Tue	10—10:45 a.m.	Hing Hay Park
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Outdoor Qigong and Beginning Tai Chi

FREE!

Relaxing, ancient, meditative qigong moves, connected to the five elements, are taught followed by the beginning steps of the Yang style short form of Tai Chi. No experience necessary. Instructor: A Peizer

42114	7/9-8/20	Fri	Noon	Mag Amphitheater	A Peizer
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Outdoor Traditional & Contemporary Asian Dance

FREE!

Have fun while learning new dance moves influenced by Malaysian, Chinese and Vietnamese dance. No experience required. Class is delivered in English and Mandarin. Instructor: S Ma

42332	7/9-8/27	Fri	6:30—8 p.m.	Jefferson Park
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Outdoor Soul Line Dance

FREE!

Not just country! Line dance to an assortment of music genres, including soul, rhythm and blues and country. Work out your mind and body. Learn new dance patterns to all kinds of great music. Instructor M Silver

42116	7/9-8/20	Fri	10:30 a.m.	Mag Amphitheater
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Outdoor Zumba

Outdoor Zumba: Ditch the workout, join the party! Fun is the key ingredient in this low impact Latin inspired dance fitness class. No rhythm or equipment required. You'll leave exhilarated and energized! Appropriate for all fitness levels. Meet at the front entrance of Delridge Community Center. Instructor: M. Jorgensen

42022	7/6-8/24	Tue	10 a.m.	Delridge	\$56
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Outdoor Strength and Conditioning

ENERGIZE your Thursdays stretching, swooping, and strengthening at 8:30am! Jane will wind you through a series of exercises to build strength, flexibility, balance and achieve better overall conditioning. This virtual class will leave you feeling happy and connected. Instructor: J Shearer

42121	7/8-8/19	Thu	8:30 a.m.	Mag Amphitheater	\$49
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Outdoor In-Person Summer Programs!

Outdoor Tai Chi (All Levels)

Tai Chi allows people of all ages and fitness levels to start easily and continue to practice it safely to improve their health. Yang style is the most popular style of Tai Chi in the world and is known for its large, graceful movements and vast health benefits. You perform a series of postures or movements in a slow, graceful manner. Each posture flows into the next without pausing. Instructor: E Baxa

42115	7/8-8/19	Thu	9:30 a.m.	Mag Swim Beach Shelter 2	\$49	E Baxa
41947	7/7-8/25	Wed	10:30 a.m.	Greenwood Park	\$56	E Baxa
42333	7/6-8/24	Tue	10-10:45 a.m.	Hing Hay Park	FREE!	K Philomin

Outdoor Gentle Yoga

Stretch and move with awareness, correct alignment and a focus on breath to increase strength and stamina, improve flexibility, and develop better balance, posture, poise, and peace of mind.

42112	7/9-8/20	Fri	9 a.m.	Mag Amphitheater	\$49	H Mair
41946	7/12-8/23	Mon	11 a.m.	Sandel Playground	\$49	R MacDonald
42021	7/12-8/23	Mon	10 a.m.	Delridge	\$49	J Reed

Outdoor Watercolor

Bring your paints, brushes, and joy of painting. A demonstration is taught after each lesson with instruction. All skill levels welcome. Instructor: S Kahler

42113	7/9-8/20	Fri	10a.m.-12:30 p.m.	Mag Grotto	\$95
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Transit Adventure Club – going Solo

We are bringing back the Transit Adventure Club in a new way. Ride the metro bus on your own to the trip site and join the group! Contact robin.brannman@seattle.gov to be notified about upcoming summer trips with Scott Gehring.

Kite Making Workshop

As the Summer days are here, let's take full advantage of that breeze on Magnuson Kite Hill by flying our magical kite creations! The instructor will help you explore the best techniques for building a kite that is light enough to fly and sturdy enough to stand up to the wind.

Contact robin.brannman@seattle.gov for more information on this workshop.

Virtual Programs

We will continue virtual programming for the foreseeable future! Many who have participated have enjoyed doing exercise from home, and this option also meets the needs of those who are recovering from an injury or do not have an easy method of transportation. Some of our classes in fall quarter will be 'hybrid' with some people attending in-person, and some virtually. We will continue to use the Webex platform, which is easy to use, and much like Zoom. If you haven't participated virtually before, please plan on registering for one of the Virtual Practice Sessions listed below! You must have device (tablet or computer) to participate!



Virtual Program Practice Sessions

FREE

Practice signing in for and maneuvering in Webex so when your class starts, you are confident in how to make everything work for you. No pressure, just a chance to learn, troubleshoot and gain knowledge before your class starts.

[42105](#) 7/12 Mon 3 p.m.

[42106](#) 7/19 Mon 3 p.m.

[42107](#) 7/26 Mon 3 p.m.

[42108](#) 8/2 Mon 3 p.m.

[42109](#) 8/9 Mon 3 p.m.

[42110](#) 8/16 Mon 3 p.m.

[42111](#) 8/23 Mon 3 p.m.

Lunch and Learn: Rank Choice Voting

FREE!

Ranked-choice voting is a growing movement with the potential to dismantle some of the roadblocks to a healthier political system. Come learn what ranked-choice voting is, how it works, what are the challenges, and why many people believe it is an important first step to a better functioning democracy. Our presenters represent FairVote Washington, a non-partisan, non-profit champion of better elections. People of all political backgrounds are encouraged to attend. FairVote Washington is inviting you to this virtual webex event.

[42146](#) 7/23 Fri 12 noon Free

Drop-In Bridge

FREE!

Virtual Bridge Card Game is here, Virtually! Join your friends and meet new folks who love to play the game! You will need to sign-up to create your own personal account on Bridgebase.com. Please note, basic competencies of Bridgebase is needed for you to join group play. Register for this drop-in session and we will send you a link to Webex, a virtual video and phone-in platform where everyone will meet up. Questions, call Recreation Specialist at 206-450-9522.

[42020](#) 7/2-8/27 Fri 1—4 p.m.

Soul Line Dance

Not just country! Line dance to an assortment of music genres, including soul, rhythm and blues and country. Work out your mind and body. Learn new dance patterns to all kinds of great music.

[42024](#) 7/8-8/26 Thu 9:30 a.m. S Simmons \$56

Virtual Programs

Fabulously Fit Mixed Format

Learn how to improve endurance, strength, agility, core, balance, posture, and range of motion. Exercises include body weight, resistance bands, hand weights and half round rollers (list emailed prior to class). Participants should be comfortable safely getting to and from the floor or bed. This class is 75 minutes long.

[42117](#) 7/7-8/25 Wed 9:00 a.m. K Adolphsen \$70

Gentle Yoga

Stretch and move with awareness, correct alignment and a focus on breath to increase strength and stamina, improve flexibility, and develop better balance, posture, poise, and peace of mind.

[42118](#) 7/6-8/24 Tue 9:30 a.m. H Mair \$56

Pilates

Stabilize and strengthen the core muscles of your abdominal and back while improving flexibility, and posture and overall strength. Class in NOT in person.

[42119](#) 7/6-8/24 Tue 11:30 a.m. D Dragovich \$56

[42120](#) 7/8-8/26 Thu 12:15 p.m. D Dragovich \$56

Aerobic Dance

Who knew something could be so good for you. If you love listening and dancing to a variety of music, then you will love this class. Instructor leads routines that are fun and easy to learn, yet challenging enough to give you a sense of accomplishment. Class includes a warmup to music, cardio (aerobic dancing) and a cool down with some stretching and conditioning. You'll have a great time dancing and singing along with the songs, and laughing as we encourage each other to step it up!

[42023](#) 7/8-8/26 Thu 11 a.m.-Noon S Simmons \$56

Circuit Training

Become a stronger you! This class will use common items you have in your home to help you strengthen your muscles and improve your fitness level.

[41949](#) 7/12-8/23 Mon 9:30 a.m. R Buyce \$49

[41948](#) 7/9-8/27 Fri 9:30 a.m. R Buyce \$56

Restorative Yoga **FREE!**

Learn mindful meditation techniques coupled with gentle yoga flow for a relaxing mindful yoga experience that will help restore your mind and body. Beginner level. Equipment: yoga mat (or blanket or towel), bolster or pillow, and water bottle. Instructor: C Lovano & S Donahue

[42334](#) 7/8-8/26 Thu 2:30 p.m. Free



Virtual Programs

EnhanceFitness

Improve your endurance, strength, balance, posture, and flexibility through adaptable exercise movements. Standards for measurement will document your progress. **All participants, former and new, must submit screening forms prior to registration.** For details contact Cheryl at cheryl.brown@seattle.gov.

EnhanceFitness for those paying privately (not Kaiser Permanente members)

42266	7/6-8/24	Tue	1:30 p.m.	\$56
42268	7/7-8/25	Wed	10:30 a.m.	\$56
42270	7/8-8/26	Thu	1:30 p.m.	\$56
42272	7/9-8/27	Fri	10:30 a.m.	\$56

EnhanceFitness with Kaiser Permanente Medicare Part B American Specialty Health (ASH) Silver and Fit is not covering free virtual programs at this time. Members can register at full rate.

42265	7/6-8/24	Tue	1:30 p.m.	no fee
42267	7/7-8/25	Wed	10:30 a.m.	no fee
42269	7/8-8/26	Thu	1:30 p.m.	no fee
42271	7/9-8/27	Fri	10:30 a.m.	no fee

Sound Steps Returns!

We're happy to begin to bring Sound Steps walk opportunities back. Our focus for now will be to support program development in areas identified by the department as equity zones. Neighborhoods and parks all throughout the City are included! If you'd like to support programming efforts, we'd love to talk to you! Please contact Tamara Keefe at tamara.keefe@seattle.gov if you are interested in volunteering as a walk leader in a volunteer-led and community-driven program!

Fall Program Plans

Lifelong Recreation is planning on returning to a limited number of community centers in September 2021! We plan to produce a printed brochure, and will also post our brochure on the [Lifelong Recreation web page](#). Watch for more programs and special events in the months to come! If you would like to be added to our mail list, please call 206-684-4951.

You can get up to date information through our monthly newsletters for Lifelong Recreation, and Dementia Friendly Recreation by signing up on our web page at [www.seattle.gov/parks/find/lifelongrecreation-\(50\)](http://www.seattle.gov/parks/find/lifelongrecreation-(50)). Look for the blue sign up box on the right side of the page.



Seattle
Parks & Recreation

healthy people healthy environment strong communities